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To: London N. Breed, President of the Board of Supervisors, SF City
Barbara A. Garcia, Director of SF Public Health Department
Ken Bukowski, Interim Director of SF Department of Technology
Cc: Eric Dausman, Sutro Tower Chief Operating Officer

Re: RF Exposure Measurements at our home from Sutro Tower

Public Health and Board of Supervisors, San Francisco City Leadership,

I have indicated in my previous letters that the RF exposure at our home from Sutro Tower is unhealthy and unsafe. I have measured and documented RF exposure at our home from 12/12/16 to 12/24/16 time period. Below are links for RF Measurements documentation:

Appendix: <https://drive.google.com/file/d/0B2yWkZ6wkuNYNWJtTWdDRnJubXc/view>

Video: <https://www.youtube.com/watch?v=pXk9UjC7Ur4>

The consistent, day and night, RF exposure is not only impacting my health, it also carries much broader health implications for residents in Districts 7,8,and 5. During my taking of RF measurements, I discovered a trend of increasing RF emissions from the tower, with new RF exposure levels at our home in the range of 2.00mW/m² – 2.5mW/m² (up from Sept.'16 0.5mW/m² level). The measured RF exposure is equivalent to 30 cell phones RF emissions.

Research has documented the effects from chronic RF exposure consistent with Sutro Tower. The health effects are - changes in metabolic processes in cells, increased cellular stress response, changes in the blood-brain barrier, disruption of enzyme systems; leading to cancer, leukemia, and chronic neural diseases. Below is a research paper on the Public Health Implications from RF wireless exposure:

<http://emfsafetynetwork.org/wp-content/uploads/2009/10/sage.pdf>

As for RF exposure at our homes from Sutro Tower, the Precautionary Principle and prudent avoidance are to be applied. There is a precedent, Dr. Karl Maret's report "Health impacts of Radio Frequency from Smart Meters" and the implementation of Smart Meters Opt Out in CA in 2014. This shows how precautionary measures can protect human health.

<http://sagereports.com/smart-meter-rf/?p=368>

"The Precautionary Principle holds that when questions of (health) safety are concerned, precautions should be taken to protect public health even if scientific data is incomplete, or the mechanisms of action are not understood" (Levitt, 2000; Kheifets et al., 2001). Dr. Karl Maret has further indicated, "there are windows of sensitive biological response in which potential health effects can occur at much lower exposure levels than currently mandated by the FCC standards".

I ask you to apply prudent avoidance, and scale back RF exposure at our homes to 0.5mW/m², the threshold for healthy sleeping in our homes. Thank You again.

All the Best,



Milena Simeonova